

Section A: SEATBELTS

1. How often do you use seat belts when you drive or ride a car?

Would you say: Always.....1
Nearly always.....2
Sometimes.....3
Seldom4
Or Never5

Don't know/Not sure.....7
Never drive/ride in a car....8
Refused.....9

Section B: HYPERTENSION

2. These next questions are about hypertension or high blood pressure. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

(PROBE FOR DOCTOR, NURSE OR OTHER HEALTH PROFESSIONAL.)

Skip to Section C (Q.8)←-----No.....1
Yes, by doctor.....2
Yes, by nurse.....3
Yes, by other health
professional.....4
Skip to Section C (Q.8)←----|
Don't know/Not sure.....7|
Refused9

3. Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once?

More than once1
Only once2
Don't know/Not sure7
Refused9

4. Is any medicine currently prescribed for your high blood pressure?

Yes.....1
No.....2
Go to Q.6, Page 5<-----|
Don't know/Not sure.....7
Refused9

5. Are you currently taking medicine for your high blood pressure?

(PROBE FOR “ALL OR MOST OF THE TIME” OR “ONLY OCCASIONALLY,” IF NECESSARY. IF ANSWER IS “YES,” USE “YES, ALL OR MOST OF THE TIME.”)

Yes, all or most of the time...1
 Yes, occasionally.....2
 No3
 Don't know/Not sure7
 Refused.....9

6. Are you doing any of the following to help control your high blood pressure?

(Please read: Circle appropriate answer for each item)

(Please Note: “d4” is do not smoke)

	Yes	No	Not Sure	Refused
Following a low salt diet	1	2	7	9
Watching your weight	1	2	7	9
Avoiding stress, relaxing	1	2	7	9
Cutting down or stopping smoking	1	2	7	9
Following an exercise program	1	2	7	9

7. As far as you know, is your blood pressure presently normal – or under control – or is it still high?

(NOTE: NORMAL OR UNDER CONTROL INCLUDES “RETURNED TO NORMAL” AND “NO LONGER HAVE HIGH BLOOD PRESSURE.”)

Normal1
 Under control..... 2
 Still high..... 3
 Don't know/Not sure..... 7
 Refused9

SECTION C: EXERCISE

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

8. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Yes...(Go to Q.10).... 1
 No..... 2
 Don't know/Not sure..... 7
 Refused..... 9

9. Were there other activities or exercises that you participated in during the past month besides running, calisthenics, golf, yardwork or walking for exercise?

(Go to Section D) ←	Yes.....	1
	No.....	2
	Don't know/Not sure.....	7
	Refused.....	9

10. What type of physical activity or exercise did you spend the most time doing during the past month?

OFFICE ONLY
See coding list A--Activity

Activity.....
Refused..... 99

ASK Q.11 ONLY IF ANSWER TO Q.10 IS RUNNING, JOGGING, WALKING OR SWIMMING, ALL OTHERS GO TO Q.12

11. How far do you usually walk/run/jog/swim?

See coding List B if
answer not in miles and
tenths

Miles and Tenths
Don't Know/Not Sure..... 777
Refused..... 999

12. How many times per week or per month did you take part in this activity during the past month?

Times per week.....1
or
Times per month.....2

Don't know/Not sure..... 777
Refused..... 999

13. And when you took part in this activity for how many minutes or hours did you usually keep at it?

Hours & Minutes..... :
Don't know/Not sure..... 777

Refused.....999

14. Was there another physical activity or exercise that you participated in during the past month?

Yes.....1
No.....2
Don't know/Not sure.....7
Refused.....9

15. What other type of physical activity gave you the next most exercise during the past month?

OFFICE ONLY
See coding list A--Activity

Activity..... --

Don't know/Not Sure..... 77 | (Go to Section D)
Refused..... 99

16. How far do you usually walk, jog, run or swim?

See coding List B if
answer not in miles and
tenths

Miles and Tenths --.
Don't Know/Not Sure..... 777
Refused.....999

17. How many times per week or per month did you take part in this activity?

Times per week.....1 --

OR

Times per month.....2 --

Don't know/Not sure.....777
Refused.....999

18. And when you took part in this activity for how many minutes or hours did you usually keep at it?

Hours & Minutes..... : --
Don't know/Not sure..... 777
Refused.....999

SECTION D: DIET

19.About how much do you weigh without shoes?

Weight....._(Pounds)
Don't know /Not sure.....777
Refused.....999

20.About how tall are you without shoes?

Height.....Ft inches
Don't know /Not sure.....777
Refused.....999

21.Are you now trying to lose weight?

Yes.....1
No...(Go to Q.24).....2
Refused...(Go to Q.24).....9

22.Are you eating fewer calories to lose weight?

Yes.....1
No.....2
Don't know /Not sure.....7
Refused.....9

23.Have you increased your physical activity to lose weight?

Yes.....1
No.....2
Don't know /Not sure.....7
Refused.....9

24.How often do you add salt to the table on your food?

Would you say?

Most of the time.....1
Sometimes.....2
Rarely.....3
Never.....4
Don't know /Not sure.....7
Refused.....9

Section E: Cigarette Smoking

25. Have you smoked at least hundred cigarettes in your life?

(100 cigarettes=5packs) Yes.....1
 No...(Go to Section F).....2
 Don't know /Not sure.....8
 Refused.....9

26. Do you smoke cigarettes now?

Yes.....1
No...(Go to section F).....2
Refused...(Go to Section F).....9

27. On an average how many cigarettes a day do you smoke now?

(1 pack=20 cigarettes)	Number of cigarettes.....	—
	Don't smoke regularly.....	88
	Refused.....	99

28. Have you stopped smoking for a year or more sometime during the past year?

Yes.....	1
No.....	2
Refused.....	9

Section F: Alcohol Consumption

These next few questions are about the use of beer, wine or liquor-all kinds of alcoholic beverages that people drink at meals, special occasions or when just relaxing.

29. Have you had any beer wine or liquor during the past month that is, since
?

Yes.....1
No...(Go to section G).....2
Refused...(Go to Section G).....9

30. During the past month, how many days per week or per month did you drink any beer?

Days per week..... 1 __
Or
Days per month..... 2 __
Never or none..(Go to Q.32).....888
Don't know /Not sure (Go to Q.32). 777
Refused....(Go to Q.32).....999

31. On the days when you drank beer how many beers did you drink on the average?

Number of beers.....
Don't know/Not sure..... 77
Refused.....99

32. Also during the past month, how many days per week or per month did you drink any wine?

Days per week.....1
Or
Days per month..... 2
Never or none..(Go to Q.34).....888
Don't know /Not sure (Go to Q.34)..777
Refused....(Go to Q.34).....999

33. On the days when you drank wine, about how many glasses of wine did you drink on the average?

Number of glasses of wine.....
Don't Know/Not sure..... 77
Refused.....99

34. And, during the past month, about how many days per week or per month did you have any liquor to drink, such as vodka, gin, rum or whiskey?

Days per month.....1
Or
Days per week..... 2
Never or none..(Go to Q.36).....888
Don't know /Not sure (Go to Q.36)..777
Refused....(Go to Q.36).....999

35. On the days when you drank any liquor, about how many drinks did you have on the average?

Number of drinks.....
Don't Know/Not Sure..... 77
Refused.....99

36. Considering all types of alcoholic beverages, that is beer, wine and liquor, as drinks, how many times during the past month did you have 5 or more drinks on an occasion?

Number of times.....
None.....88
Don't Know/Not Sure.....77
Refused.....99

37. And during the past month, how many times have you driven when you've had perhaps too much to drink?

Number of times.....	__
None.....	88
Don't Know/Not Sure.....	77
Refused.....	99

Section G: Demographics

And finally, these last few questions ask for a little more information about yourself.

38. How old were you on your last birthday?

Code age in years.....	__
Do not remember/Not sure.....	07
Refused.....	09

39. What is your race?

White.....	1
Black.....	2
Asian or Pacific Islander.....	3
Aleutian, Eskimo or American Indian.....	4
Other specify	5
Don't Know/Not Sure.....	7
Refused.....	9

40. Are you of Hispanic origin such as Mexican, American, Latin American, Puerto Rican or Cuban?

Yes.....	1
No.....	2
Don't know /Not sure.....	8
Refused.....	9

41. What is the highest grade or year of school you completed?

Eighth grade or less.....	1
Some high school.....	2
High school grad or GED certificate.....	3
Some technical school.....	4
Technical school graduate.....	5
Some college.....	6
College Graduate.....	7
Post Grad or Professional Degree.....	8
Refused.....	9

42.Are you currently

Employed for wages.....	1
Self Employed.....	2
Out of work for more than one year.....	3
Out of work for less than one year.....	4
Homemaker.....	5
Student.....	6
Retired.....	7
Refused.....	9

43.And are you

Married.....	1
Divorced.....	2
Widowed.....	3
Separated.....	4
Never been married.....	5
Member of an unmarried couple.....	6
Refused.....	9

44.Which of the following categories best describe your annual household income from all sources?

Less than \$10 000.....	1
\$10 to \$15 000.....	2
\$15 to \$20 000.....	3
\$ 20 to \$25 000.....	4
\$25 to \$35 000.....	5
\$35 to \$50 000.....	6
Over \$50000.....	8
Don't Know/Not Sure.....	7
Refused.....	9

45.INTERVIEWER: INDICATE SEX OF RESPONDENT

(Ask if necessary)

Male.....	1
Female.....	2

Interviewer: Ask this question only to females between 18 and 45

46.To your knowledge, are you now pregnant?

Yes.....	1
No.....	2
Don't know/Not sure.....	7
Refused.....	9

47.Are there any other telephone numbers, which can be used to reach this household?

Yes...(Go to Q48)

No, code column 111,Q48 as “1” and read closing statement

48.How many telephone numbers will reach this household including the number I used today?

(Differentiate between telephone numbers and telephone sets if necessary. Include all telephone numbers that can reach this household)

Total Telephone Numbers....._____

CLOSING STATEMENT

This concludes this interview. Again the information will be kept confidential and will be used for routine statistical research purposes. Thank you for your assistance. We greatly appreciate your time and cooperation